

Blue Highlight = Rocklin High School. All other times are at Whitney High School. Green = USA Swim Meets by group level.

	8/19	8/20	8/21	8/22	8/23	8/24	8/25
Senior	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre1	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre2	6:15-7:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	7:00AM-8:30AM	
Blue	7:00-8:15	7:00-8:15	7:00-8:15	6:45-8:00	7:00-8:15	NO PRACTICE	
Grey	6:15-7:00	6:15-7:00	6:15-7:00	6:45-7:30	6:15-7:00	NO PRACTICE	
	8/26	8/27	8/28	8/29	8/30	8/31	9/1
Senior	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre1	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre2	6:15-7:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	7:00AM-8:30AM	
Blue	7:00-8:15	7:00-8:15	7:00-8:15	NO PRACTICE	7:00-8:15	7:00AM-8:15AM	
Grey	6:15-7:00	6:15-7:00	6:15-7:00	NO PRACTICE	6:15-7:00	8:15AM-9:00AM	
	9/2/2024	9/3/2024	9/4/2024	9/5/2024	9/6/2024	9/7/2024	9/8/2024
Senior	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre1	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre2	6:15-7:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	7:00AM-8:30AM	
Blue	7:00-8:15	7:00-8:15	7:00-8:15	NO PRACTICE	7:00-8:15	7:00AM-8:15AM	
Grey	6:15-7:00	6:15-7:00	6:15-7:00	NO PRACTICE	6:15-7:00	8:15AM-9:00AM	
	9/9	9/10	9/11	9/12	9/13	9/14	9/15
Senior	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	Open Water	
Pre1	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	Open Water	
Pre2	6:15-7:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	Open Water	
Blue	7:00-8:15	7:00-8:15	7:00-8:15	NO PRACTICE	7:00-8:15	7:00AM-8:15AM	
Grey	6:15-7:00	6:15-7:00	6:15-7:00	NO PRACTICE	6:15-7:00	8:15AM-9:00AM	
	9/16	9/17	9/18	9/19	9/20	9/21	9/22
Senior	4:15-6:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	WAC T/F	WAC T/F
Pre1	4:15-6:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	WAC T/F	WAC T/F
Pre2	4:15-5:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	NO PRACTICE	
Blue	5:45-8:00	7:00-8:15	7:00-8:15	6:45-8:00	7:00-8:15	NO PRACTICE	
Grey	6:15-8:00	6:15-7:00	6:15-7:00	6:45-7:30	6:15-7:00	NO PRACTICE	
	9/23	9/24	9/25	9/26	9/27	9/28	9/29
Senior	5:30AM-7:00AM	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre1	5:30AM-7:00AM	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre2	5:30AM-7:00AM	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	Splashtember	Splashtember
Blue	NO PRACTICE	7:00-8:15	7:00-8:15	NO PRACTICE	7:00-8:15	Splashtember	Splashtember
Grey	NO PRACTICE	6:15-7:00	6:15-7:00	NO PRACTICE	6:15-7:00	Splashtember	Splashtember

	9/30	10/1	10/2	10/3	10/4	10/5	10/6
Senior	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	Spooktacular	Spooktacular
Pre1	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	Spooktacular	Spooktacular
Pre2	6:15-7:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	Spooktacular	Spooktacular
Blue	7:00-8:15	7:00-8:15	7:00-8:15	6:45-8:00	7:00-8:15	Spooktacular	Spooktacular
Grey	6:15-7:00	6:15-7:00	6:15-7:00	6:45-7:30	6:15-7:00	Spooktacular	Spooktacular
	10/7	10/8	10/9	10/10	10/11	10/12	10/13
Senior	4:15-6:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre1	4:15-6:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre2	4:15-5:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	7:00AM-8:30AM	
Blue	5:45-8:00	7:00-8:15	7:00-8:15	NO PRACTICE	7:00-8:15	7:00AM-8:15AM	
Grey	6:15-8:00	6:15-7:00	6:15-7:00	NO PRACTICE	6:15-7:00	8:15AM-9:00AM	
	10/14	10/15	10/16	10/17	10/18	10/19	10/20
Senior	4:15-6:15	6:15-8:15	5:30AM-7:00AM	5:30AM-7:00AM	6:15-8:15	Sac Regional	Sac Regional
Pre1	4:15-6:15	6:15-8:15	5:30AM-7:00AM	5:30AM-7:00AM	6:15-8:15	Sac Regional	Sac Regional
Pre2	4:15-5:45	6:15-7:45	5:30AM-7:00AM	5:30AM-7:00AM	6:15-7:45	Sac Regional	Sac Regional
Blue	5:45-8:00	7:00-8:15	NO PRACTICE	6:45-8:00	7:00-8:15	Pete fitch	Pete fitch
Grey	6:15-8:00	6:15-7:00	NO PRACTICE	6:45-7:30	6:15-7:00	Pete fitch	Pete fitch
	10/21	10/22	10/23	10/24	10/25	10/26	10/27
Senior	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre1	6:15-8:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	7:00AM-9:00AM	
Pre2	6:15-7:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	7:00AM-8:30AM	
Blue	7:00-8:15	7:00-8:15	7:00-8:15	NO PRACTICE	7:00-8:15	7:00AM-8:15AM	
Grey	6:15-7:00	6:15-7:00	6:15-7:00	NO PRACTICE	6:15-7:00	8:15AM-9:00AM	
	10/28	10/29	10/30	10/31	11/1	11/2	11/3
Senior	4:15-6:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	Block Party	
Pre1	4:15-6:15	6:15-8:15	6:15-8:15	5:30AM-7:00AM	6:15-8:15	Block Party	
Pre2	4:15-5:45	6:15-7:45	6:15-7:45	5:30AM-7:00AM	6:15-7:45	Block Party	
Blue	5:45-8:00	7:00-8:15	7:00-8:15	NO PRACTICE	7:00-8:15	Block Party	
Grey	6:15-8:00	6:15-7:00	6:15-7:00	NO PRACTICE	6:15-7:00	Block Party	